***The Feed Zone Cookbook* by Chef Biju Thomas and Dr. Allen Lim features 150 athlete-friendly recipes that are simple, delicious, and easy to prepare. Try more pre-ride, portables, and post-ride recipes at** [**FeedZoneCookbook.com**](http://www.FeedZoneCookbook.com)**.**

**Biju’s Oatmeal**

**SERVINGS>** 2

**TIME>** 10–15 minutes

Rice or pasta are common pre-race breakfast staples for professional cyclists, but at the

2011 Tour of California Chris Horner and the RadioShack team proved that oatmeal can be the

breakfast of champions. Levi Leipheimer has mastered our recipe, and we hope it will become

your favorite standby food too.

1 cup water

dash of salt

1 cup “old-fashioned” rolled oats

1–2 cups milk, depending on desired thickness

1 tablespoon brown sugar

1 tablespoon molasses

1 banana, chopped

¼ cup raisins

In a medium saucepan, bring the water and salt to a low boil. Add oats and cook, stirring frequently, about 5 minutes.

Add milk and brown sugar, and return the mixture to a low boil. Add molasses, banana, and raisins, continuing to stir until oatmeal reaches desired thickness. Remove pan from heat. Let rest for 10–15 minutes if you have the time.

Finish with a sprinkle of ground cinnamon and a splash of milk.

TIP: Use any kind of milk—dairy, soy, almond. Start with 1 cup and add more to achieve your desired consistency.

NUTRITION DATA

PER SERVING> Energy 490 cal • Fat 6 g • Sodium 181 mg • Carbs 102 g • Fiber 10 g • Protein 19 g

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